



## Check before you choose

★ Sugary drinks, a leading cause of tooth decay, are also linked with **excess weight in children**, which increases their risk of heart disease, cancer and type II diabetes.



★ If choosing other drinks read the label to **check the sugar level, ideally choose no added or low-sugar options.**

★ Limit fruit juice or a smoothie to a small glass, once a day. **Always choose unsweetened.**

★ If your family is in the habit of drinking sugary drinks, **reduce them gradually. Only give them with a meal to reduce tooth decay.**

★ If choosing squash or cordial, **water it down well.**

★ Water is tastier when it's cold:

★ Put a jug of water in the fridge

★ Make it fun, use colourful cups and straws

★ **Do not introduce sugary drinks to toddlers in the first place then you won't have to wean them off later.**



FIZZY Fizzy drinks (Regular)		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Club Orange	26.4g	7
Fanta Orange	9.6g	2
7UP	9.6g	2
Pepsi	22.4g	6
Coca Cola	21.6g	5
Lucozade	9g	2
Dr Pepper	20.8g	5
Aldi Sparkling Orange	9.8g	2

DIET Fizzy drinks (Diet)		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Sprite Zero	0g	0
Diet Coke	0g	0
7UP Free	0g	0
Pepsi Max	0g	0
Coca Cola Zero	0g	0

SMOOTHIE Smoothies		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
The Juice Company (Strawberry & Banana Smoothie)	19.6g	5
Naked (Green Machine Smoothie)	17.3g	4
ASDA (Orange, Mango & Passion Fruit Smoothie)	25.3g	6
Tesco (Strawberry and Banana Smoothie)	19.6g	5
Innocent (Mango and Orange Smoothie)	22g	6
Supervalu (Mango & Orange Smoothie)	22g	6

HIGH FRUIT High fruit squashes or cordials		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Tesco High Juice (Apple Squash)	9.1g	2
Tesco High Juice (Apple and Mango)	9.3g	2
ASDA High Juice (Blackcurrant)	9.6g	2
Sainsbury's High Juice Squash (Summer Fruits)	15.3g	4
Tesco High Juice (Orange)	9.3g	2
Asda 50% Fruit High Juice (Summer Fruits)	9.6g	2

REGULAR Regular squashes or cordials		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Ribena (Blackcurrant)	9.2g	2
Supervalu (Orange Squash)	0.4g	0
Miwadi (Orange)	4.6g	1
Sun Quench (Apple & Blackcurrant Squash)	0.4g	0
Robinsons Fruit Creations (Zesty Orange & Mango Squash)	0g	0
Sun Quench (Fruit & Barley Apple & Pear)	0.4g	0

READY TO DRINK Ready to drink fruit juice drinks		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Kulana (Apple Juice)	22g	6
Supervalu (Orange Juice Drink)	2.2g	1
Ribena (Blackcurrant)	9.2g	2
Capri Sun (Apple and blackcurrant)	9.8g	2
Sun Quench (Fruity Tropical Blast Juice)	3.4g	1
Sun Quench (No Added Sugar Fruity Orange Blasts)	1.4g	0
Robinsons Fruit Shoot (Apple & Blackcurrant)	1.6g	0
Tesco Fruit Splash (Orange Juice Drink, No Added Sugar)	2.2g	0
Sainsbury's No Added Sugar Fruit Slurps (Apple & Blackcurrant Juice Drink)	1.5g	0
Robinsons Fruit Shoot (Orange Low Sugar)	1.6g	0
ASDA (Orange Juice Drinks)	1.5g	0
ASDA (Apple & Blackcurrant Juice Drinks)	1.5g	0

SWEETENED Fruit juice drinks (sweetened)		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Sqeez (Apple Juice Drink)	9g	2
Tesco (Cranberry Juice Drink)	8g	2
Sainsbury's (Cranberry Juice Drink)	8.1g	2

UNADDED SUGAR No added sugar squashes or cordials		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Robinsons (Lemon Squash No Added Sugar)	0g	0
Miwadi (Zero Sugar Apple & Pear)	0g	0
Sainsbury's (Apple & Blackcurrant Squash, No Added Sugar)	0.4g	0
Robinsons (Fruit and Barley Summer Fruits)	0g	0
ASDA (No Added Sugar Orange Squash)	0.4g	0
ASDA (No Added Sugar Fruit & Barley Summer Fruits Squash)	0.4g	0
Lindhouse (Orange Double Strength Squash No Added Sugar)	0.4g	0
Miwadi Orange	0g	0
Lindhouse (Apple & Blackcurrant Double Strength Squash No Added Sugar)	0.4g	0
Sainsbury's (Squash Double Concentrate, Orange)	0.4g	0
Tesco (Double Strength Apple And Blackcurrant Squash)	0.4g	0

UNSWEETENED Unsweetened fruit juices (No added sugar, from concentrate or not)		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Tesco (100% Pure Orange Juice Smoothie)	20g	5
Supervalu (Apple Juice)	19g	5
Tropicana (Not From Concentrate Orange Original)	17.3g	4
The Juice Company (Orange Juice with Bits)	20g	5
Innocent (Not From Concentrate Orange)	16g	4
Sainsbury's (100% Pure Squeezed Smooth Orange Juice)	18.4g	5
Lidl (Naturis Apple & Mango Juice)	22g	6